



For any **Oceanside Minor Hockey Athletes** who sustain injuries/aggravations that may interfere with practice or games and require Physiotherapy our Parksville location will be reserving some **“urgent-care” treatment blocks on Mondays through Thursdays** specifically for the hockey players from teams whom we sponsor. Should any weekend injuries occur it is **IMPERATIVE** to contact our reception staff first thing Monday morning so that we can find something that fits your families schedule to ensure the athlete gets booked in, assessed, diagnosed, and treated quickly.

***NO Doctor referral is required – our clinic is direct access**





Advanced Health and Sports Clinics Parksville location services

- include:**
- Physiotherapy
 - Chiropractic Care
 - IMS & Dry-Needling
 - Complete Concussion Management

We provide direct billing of all major insurance companies, so if the athlete can present to the clinic with their parent's medical insurance plan card/number we will usually be able to bill the insurance company directly and significantly reduce (*or often eliminate*) any out of pocket expenses for care.

After assessment and diagnosis, we will then communicate as needed with trainers/safety personnel (*with the athlete's consent*) to make sure that for practices, dry-land sessions, and return to gameplay that everyone remains on the same page for athlete safety.

Whether it's a sprain, a strain, a big injury, or a little niggling tweak – if there's something affecting your ability to play we are keen to do our part in helping you feel your best and performing your best!

Parksville Location Booking Information:

Website: <https://www.advanced-healthclinic.com/>

Online Booking Portal: <https://advanced.janeapp.com/locations/advanced-health-sports-clinic-parksville-location/book>

Phone Number: (250) 586 8556

Address: 100 Lombardy Street (Unit 5), Parksville BC, V9P 0G4



🏒 Understanding Concussions in Hockey: A Complimentary Lecture by Jake Lussier, Physiotherapist 🏒

Join us for an enlightening and informative session on concussions in hockey, led by Jake Lussier. As a seasoned physiotherapist with a specialization in concussion management and a background as a former hockey player, Jake brings a unique blend of professional expertise and personal insight to the subject. This free 45-minute lecture is tailored specifically for hockey coaches and interested parents who want to gain a deeper understanding of concussions, their diagnosis, management, and the safe return-to-play protocols.

Key Details:

- **Date:** October 10th
- **Time:** 6:00 PM
- **Location:** MPR Room, Oceanside Place

About Jake Lussier: Jake Lussier, a fully certified Physiotherapist with a Master's of Science Degree from McGill University (2015) and training from the Evidence in Motion Institute of Health Professionals (2017), brings a wealth of expertise to our upcoming concussion seminar. A native of Nanaimo, born in 1986, Jake's dynamic background spans from athletics - including hockey, lacrosse, rugby, and more - to a hands-on stint in the construction industry. His wide ranging educational and professional journey encompasses high-performance athletes to geriatric care, making him adept in various healthcare settings. With a foundation in evidence-based practice, Jake employs a diverse skill-set in neuro-musculoskeletal treatment, making his insights indispensable for our audience.

For more details about Jake's background and credentials, you can visit his full biography here: [Jake Lussier - Advanced Health Clinic](#)

About Complete Concussion Management (CCMI): CCMI is a leading authority in concussion management, providing evidence-based education and resources to healthcare practitioners, athletes, coaches, and parents. The organization focuses on implementing cutting edge research and innovative methodologies to ensure the proper diagnosis, management, and safe return to activity for individuals affected by concussions. By being certified under CCMI, Advanced Health and Sports Clinic demonstrates his dedication to upholding the highest standards of care in the field of concussion management.

Learn more about Complete Concussion Management services on our [website](#).



Oceanside Minor Hockey

OCEANSIDE PLACE, PARKSVILLE

PO Box 1175, Parksville, BC V9P 2H2

www.oceansidehockey.com

Home of minor hockey "Generals" & "Icebreakers"



August 29, 2023

To all Coaching/Safety Bench Staff for OMHA:

This memo is to inform our Coaching and Safety personnel of the policy for at least one Coach and one Safety Person from each team to attend a mandatory information session regarding Concussion Management which is sponsored by Advanced Health and Sports Clinic. We are fortunate to have Jake Lussier come to present info regarding, "Understanding Concussions in Hockey" on October 10, 2023 at 6:00 p.m.

Attached is a bio from Jake Lussier, along with information regarding his practice in physiotherapy.

This presentation is open to all bench staff and OMHA members who would like to attend however we appreciate knowing the expected numbers. Please RSVP to our Risk Manager, Marusha Whitehead at riskmanager@oceansidehockey.com In your RSVP, please advise which team you are affiliated with and your function with the team.

Thank you in advance for understanding the importance of attending this information session. Any questions can be sent to our Risk Manager.

Thank you,

M. Whitehead

Marusha Whitehead
Risk Manager - OMHA